Making resolutions is an essential practice for the new year. Mev and I have also made our resolutions.

Among our many goals,...

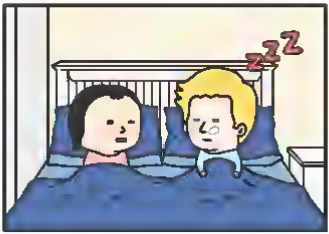
The day came when we said we would start our exercise.

A new start for a new year - this expression gave me such motivation and will.
I was thankful to the new year.

The next day.

I can tell that my body is really weak now because I never exercise
I always get tired very easily after a bit of hard work
That's true

I could feel that my physical strength was getting worse and worse every year.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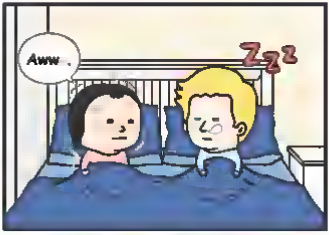
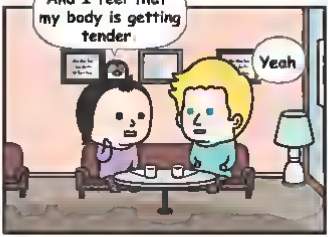

Aww .
zzz

And I made a plan to work out at home alone.

So last Saturday.

While Mev was at the gym,
I worked very hard out at home.

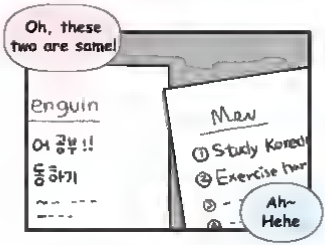
Working out for 30minutes
wasn't very easy for me because
I'd hardly exercised before.



So I decided to build up my physical strength this year.

Mev decided to change his Taekwondo class this year and train harder.

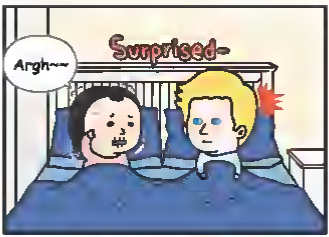
New Year's Resolutions



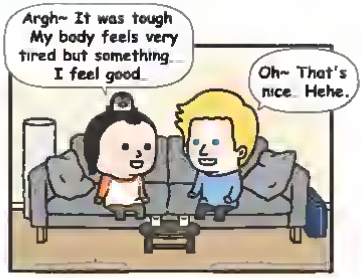
... studying language and exercising were on both pages.

Exercise was one of the most important goals of the year for me.

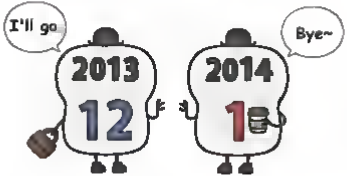
Mev. How was the new Taekwondo gym?
It was good. So I paid the membership. How was your exercise?



My body got 30 yeors older
during one night



But I was happy that I'd done something that helped me achieve my goal.



Frankly,
it's just another day.